

Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16	Saturday 17	Sunday 18
6:00 Open Swim (6:00 - 8:15 am) (POOL) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 8:30 Aqua Fit (POOL) 9:15 Stretch & Flex (BS) 9:30 Strength Training (TFC) 10:00 Breton Market (10:00 am - 12:00 pm) (TLL) 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL) 10:00 Shuffleboard * (resident led) (BP) 10:15 Strength Training (BS) 10:30 HH Hub Information Session (CP) 11:00 Stretch & Flex (EX) 11:15 Heart Healthy Dance (VI) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:00 Ladies Prayer Meeting (RPDR) 1:15 Strength Training (TFC) 1:30 "Where in Michigan Am I?" Part 9 - Travelogue with Kyle Schippa (VI) 2:00 Bretonaires Practice (EX) 6:30 Games (EX) 6:30 Dirty Dog (TPDR) 7:00 "Tell Us Your Story" w/ Ginny Williams - From MI to California and Back (VI)	6:00 Open Swim (6:00 - 10:45 am) (POOL) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 8:15 Total Body (TFC) 8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (BI) 8:45 Resident Golf League at the Pines (OCO) 9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe) 9:30 Balance & Core Stability (TFC) 9:30 "Paws with a Cause" Tour and Lunch at Five Lakes Brew Pub (sign-up required) (OCO) 10:00 Ladies Billiards (RBR) 10:00 Quilting (10:00 am - 4:00 pm) (AS) 10:30 Balance & Core Stability (BS) 11:00 Water Walking (POOL) 11:30 Balance & Core Stability (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:00 Total Body (BS) 1:15 Balance & Core Stability (TFC) 2:00 Yarnastics (EX) 2:00 Balance & Core Stability (BS) 2:00 Stewart Leitch Mozart Concert (Sign up for 1:30 pm transportation from the Ridge) (CP) 3:00 Ladies Billiards (TBR) 3:00 Ladies Tea (EX) 3:30 Caregiver Support Group (RPDR) 7:00 Classic Music Community (CP)	6:00 Open Swim (6:00 - 8:15 am) (POOL) 7:00 St. Mary's Lab - by appointment only (RPDR) 7:30 St. Mary's Lab - by appointment only (HC) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 8:30 Aqua Fit (POOL) 9:00 Blood Pressure Clinic (9:00 - 10:00 am) (RPDR) 9:15 Park Pilates in place of Stretch & Flex * (BP) 9:30 Strength Training (TFC) 10:00 Catholic Communion (TPDR) 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL) 10:00 KDL Book Mobile at the Ridge (RL) 10:15 "For the Life of the World" Bible Study (CP) 10:15 Park Strength in place of Strength Training * (BP) 11:00 Stretch & Flex (EX) 11:00 KDL Book Mobile at the Terrace (TL) 11:15 Park Walk in place of Heart Healthy Dance * (BP) 12:30 Mah Jongg (TB) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Bus to Gaines Township Meijer (OCO) 1:00 Men's Billiards (RBR) 1:00 Pickleball * (resident led) (PC) 1:00 Learn to Play Shuffleboard & Bocce Ball * (BP) 1:00 Breton Market (closed today) (TLL) 1:15 Strength Training (TFC) 1:30 Terrace Coffee Bar (closed today) (Cafe) 2:00 Men's Billiards (TBR) 4:00 Social Hour at the Ridge (RPDR) 6:00 Games (BI) (RL) 6:45 Mah Jongg (RL) 6:45 Euchre (TL) 7:00 Dominos (EX) Terrace Cafe - closed for dinner	6:00 Open Swim (6:00 - 10:45 am) (POOL) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 8:15 Total Body (TFC) 9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe) 9:30 Balance & Core Stability (TFC) 10:00 Ladies Laughing and Learning to Play Pool (TBR) 10:00 Shuffleboard * (resident led) (BP) 10:30 Balance & Core Stability (BS) 11:00 Water Walking (POOL) 11:30 Balance & Core Stability (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:00 Breton Market (1:00 - 3:00 pm) (TLL) 1:00 Ping Pong (VI) 1:00 Total Body (BS) 1:15 Balance & Core Stability (TFC) 2:00 Men's Billiards (TBR) 2:00 Knit Wits (BI) 2:00 Balance & Core Stability (BS) 2:00 Bretonaires Practice (EX) 2:00 Pictorial Picture Update Opportunity* (Terrace Office if it rains) (TSP) 3:30 Social Hour at the Terrace (TPDR) Terrace Cafe - closed today Ridge Bistro - closed for dinner	6:00 Open Swim (6:00 - 8:15 am) (POOL) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 8:30 Aqua Fit (POOL) 9:00 Pickleball * (resident led) (PC) 9:15 Stretch & Flex (BS) 9:30 Strength Training (TFC) 10:00 Breton Market (10:00 am - 12:00 pm) (TLL) 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL) 10:15 Strength Training (BS) 11:00 Stretch & Flex (EX) 11:15 Heart Healthy Dance (VI) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:15 Strength Training (TFC) 2:00 5 Crowns (TL) 5:30 Men's Social Supper (5:30 - 7:00 pm) (EX) 7:00 Terrace Movie: "Black Beauty" (TT) 7:00 Ridge Movie: "Look Who's Talking" (RT) Bistro & Cafe - closed for breakfast, but open for lunch 11:00 am - 1:00 pm	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 10:00 Breton Market (10:00 am - 12:00 pm) (TLL) 10:00 Hymn Sing (Cafe) 2:00 Stinky Feet (EX) 7:00 Ridge Movie: "Black Beauty" (RT) 7:00 Terrace Movie: "Look Who's Talking" (TT) Location Key Breton Terrace AS - Art Studio Cafe - Terrace Café CP - Centre Place EL - Employee Lounge EX - Expressions HC - Health Centre TB - Terrace Balcony TBR - Terrace Billiard Room TCP - Terrace Café Patio TC - Terrace Courtyard TFC - Terrace Fitness Centre TL - Terrace Lobby TLI - Terrace Library TLL - Terrace Lower Level TME - Terrace Main Entrance TPDR - Terrace Private Dining Room TSP - Terrace South Patio TT - Terrace Theatre WS - Woodshop *Weather permitting.	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 10:45 Calvary Church Livestream (TPDR) 6:00 Breton Woods Worship Service and Special Music w/ Rev. Chad Boersma (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP) 7:00 Refreshments and Fellowship (EX) Breton Ridge BI - Bistro BP - Breton Park BS - Body Shop CR - Craft Room PC - Pickleball Courts RBR - Ridge Billiard Room RI - Ristorante RL - Ridge Lobby RLI - Ridge Library RME - Ridge Main Entrance RP - Ridge Patio RPDR - Ridge Private Dining Room RT - Ridge Theatre VI- Vineyard ***** BRLC- Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing
Breton Campus Care Week - WED, THU, FRI See your Care Week flyer for all the fun!						

Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23	Saturday 24	Sunday 25
6:00 Open Swim (6:00 - 8:15 am) (POOL) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 8:30 Aqua Fit (POOL) 9:15 Stretch & Flex (BS) 9:30 Strength Training (TFC) 10:00 Breton Market (10:00 am - 12:00 pm) (TLL) 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL) 10:00 Shuffleboard * (resident led) (BP) 10:15 Strength Training (BS) 10:45 JULIET Ladies Lunch @ Carolina's Lowcountry Kitchen (sign-up required) (OCO) 11:00 Stretch & Flex (EX) 11:15 Heart Healthy Dance (VI) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:00 Ladies Prayer Meeting (RPDR) 1:00 Breton Woods Cult Film Classic: "Jessie Stone - High Profile" (TT) 1:15 Strength Training (TFC) 2:00 Bretonaires Practice (EX) 3:00 RAC Meeting (CP) 6:30 Games (EX) 6:30 Dirty Dog (TPDR) 7:00 Resident Led Movie: "Icon" (RT) 7:00 Rockford Community Band (Sign up for 6:30 pm transportation from the Ridge) (TL)	6:00 Open Swim (6:00 - 10:45 am) (POOL) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 8:15 Total Body (TFC) 8:45 Resident Golf League at the Pines (OCO) 9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe) 9:30 Balance & Core Stability (TFC) 9:30 Ladies Sewing & Quilting Adventure Day (sign up with Cathy) (OCO) 10:00 Ladies Billiards (RBR) 10:00 Quilting (10:00 am - 4:00 pm) (AS) 10:30 Balance & Core Stability (BS) 10:30 HH Hub Information Session (VI) 11:00 Water Walking (POOL) 11:30 Balance & Core Stability (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:00 Total Body (BS) 1:15 Balance & Core Stability (TFC) 2:00 Yarntastics (EX) 2:00 Balance & Core Stability (BS) 3:00 Ladies Billiards (TBR) 3:00 Ladies Tea (EX)	6:00 Open Swim (6:00 - 8:15 am) (POOL) 7:00 St. Mary's Lab - by appointment only (RPDR) 7:30 St. Mary's Lab - by appointment only (HC) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 8:30 Aqua Fit (POOL) 9:00 Blood Pressure Clinic (9:00 - 10:00 am) (HC) 9:15 Stretch & Flex (BS) 9:30 Strength Training (TFC) 10:00 Catholic Communion (TPDR) 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL) 10:00 Planting Party at Ludema's Greenhouse (10:00 am - 12:00 pm) (sign-up requested) (OCO) 10:15 Strength Training (BS) 11:00 Stretch & Flex (EX) 11:15 Heart Healthy Dance (VI) 12:30 Mah Jongg (TB) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Bus to Cascade Township Meijer (OCO) 1:00 Men's Billiards (RBR) 1:00 Breton Market (1:00 - 3:00 pm) (TLL) 1:00 Pickleball * (resident led) (PC) 1:15 Strength Training (TFC) 1:30 Caroline Cook Bus Tour - "Steeple Chase" - Part 1 (sign-up required) (OCO) 2:00 Men's Billiards (TBR) 2:00 Building & Grounds Open Forum Meeting (CP) 2:00 Sundae Social (2:00 - 3:30 pm) (Cafe) 4:00 Social Hour at the Ridge (RPDR) 6:00 Games (BI) (RL) 6:45 Mah Jongg (RL) 6:45 Euchre (TL) 7:00 Dominos (EX)	6:00 Open Swim (6:00 - 10:45 am) (POOL) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 8:15 Total Body (TFC) 8:30 Donuts w/ the HH Development Team (8:30 - 10:00 am) (EX) 9:00 Terrace Coffee Bar (9:00 - 11:00 am) (Cafe) 9:30 Balance & Core Stability (TFC) 10:00 Ladies Laughing and Learning to Play Pool (TBR) 10:00 Shuffleboard * (resident led) (BP) 10:00 Floral Friends (RI) 10:30 Balance & Core Stability (BS) 11:00 Water Walking (POOL) 11:15 ROMEO Men's Lunch @ Thornapple Brewing Company (sign-up required) (OCO) 11:30 Balance & Core Stability (BS) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:00 Breton Market (1:00 - 3:00 pm) (TLL) 1:00 Ping Pong (VI) 1:00 Total Body (BS) 1:00 Scrapbooking and Card Making (1:00 - 3:00 pm) (AS) 1:15 Balance & Core Stability (TFC) 2:00 Men's Billiards (TBR) 2:00 Knit Wits (BI) 2:00 Balance & Core Stability (BS) 2:00 Bretonaires Practice (EX) 3:30 Social Hour at the Terrace (TPDR) 7:00 John Ball Park Lantern Festival (sign-up required) (OCO)	6:00 Open Swim (6:00 - 8:15 am) (POOL) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 8:30 Aqua Fit (POOL) 9:00 Pickleball * (resident led) (PC) 9:15 Stretch & Flex (BS) 9:30 Strength Training (TFC) 10:00 Breton Market (10:00 am - 12:00 pm) (TLL) 10:00 Adult Only Swim (10:00 am - 12:00 pm) (POOL) 10:15 Strength Training (BS) 11:00 Stretch & Flex (EX) 11:15 Heart Healthy Dance (VI) 12:30 Open Swim (12:30 - 10:00 pm) (POOL) 1:00 Men's Billiards (RBR) 1:15 Strength Training (TFC) 2:00 5 Crowns (TL) 5:30 Men's Social Supper (5:30 - 7:00 pm) (EX) 7:00 Terrace Movie: "Gone with the Wind" (TT) 7:00 Ridge Movie: "Opportunity Knocks" (RT) Resident Services Offices close at noon.	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 8:00 Sunrise Social (8:00 - 10:00 am) (EX) (BI) 10:00 Breton Market (10:00 am - 12:00 pm) (TLL) 10:00 Hymn Sing (canceled until fall) (Cafe) 2:00 Stinky Feet (EX) 7:00 Ridge Movie: "Gone with the Wind" (RT) 7:00 Terrace Movie: "Opportunity Knocks" (TT) Location Key Breton Terrace AS - Art Studio Cafe - Terrace Café CP - Centre Place EL - Employee Lounge EX - Expressions HC - Health Centre TB - Terrace Balcony TBR - Terrace Billiard Room TCP - Terrace Café Patio TC - Terrace Courtyard TFC - Terrace Fitness Centre TL - Terrace Lobby TLI - Terrace Library TLL - Terrace Lower Level TME - Terrace Main Entrance TPDR - Terrace Private Dining Room TSP - Terrace South Patio TT - Terrace Theatre WS - Woodshop Breton Ridge BI - Bistro BP - Breton Park BS - Body Shop CR - Craft Room PC - Pickleball Courts RBR - Ridge Billiard Room RI - Ristorante RL - Ridge Lobby RLI - Ridge Library RME - Ridge Main Entrance RP - Ridge Patio RPDR - Ridge Private Dining Room RT - Ridge Theatre VI - Vineyard ***** BRLC- Breton Rehab & Living Centre BECC - Breton Extended Care Centre BECS - Breton Extended Care South OCO - Off Campus Outing *Weather permitting.	6:00 Open Swim (6:00 am - 10:00 pm) (POOL) 10:45 Calvary Church Livestream (TPDR) 6:00 Breton Woods Worship Service w/ Rev. Lamarr Gibson (Transportation from the Ridge leaves at 5:15 and 5:30 pm) (CP)